

Address Book

" Humane Society

Guardianship and Advocacy Commission

Divisions: Legal Advocacy Services, Human Rights Authority,
Office of the State Guardian.

1. East Central Office 2125 South First Street Champaign IL 61820
2. Peoria Regional Office 401 N. Main Street Suite 620 Peoria, IL 61602
3. Rockford Regional office 4302 N. Main Street Suite 108 Rockford, IL 61103
4. Egyptian Regional Office #7 Cottage Drive, Anna, IL 62906
5. West Suburban Regional Office Madden Mental Health Center 1200 S. First Ave P.O. Box 7009 Hines IL 60141
6. Metro East Regional Office Alton (Holly Building Suite 100)
7. North Suburban Regional Office 9511 Harrison Ave. Des Plaines, IL 60016
8. Chicago Regional Office 160 N. LaSalle Street Suite S500 Chicago, IL 60601
9. Springfield Regional Office 521 Stratton Building 401 S. Spring Street Springfield, IL 62706
- Equip for Equality Inc. Zena Naditch - President
10. Main/Chicago Office
20 N. Michigan, Ste 300 Chicago, IL 60602
11. Central Office 1 West Old Capitol Plaza, Suite 666 Springfield, IL 62701
12. Northwestern Illinois 1515 Fifth Avenue, Suite 420 Moline, IL 61205
13. Southern Illinois 300 E Main St. Suite 18 Carbondale, IL 62901
14. Illinois Dept. of Corrections, Jail and Detention Standards Unit
3506 West Grand Avenue Chicago, IL 60601
15. John Howard Association 70 East Lake Street #410 Chicago 60601
16. Illinois Attorney General Civil Rights Bureau Office, of the
Attorney General James R. Thompson Center, 11th floor 100 W. Randolph St.
Chicago IL 60601
17. Illinois Dept. of Human Rights 100 West Randolph St. 10th floor Intake Unit Chicago
IL 60601

- 18. Illinois State Police Division of Internal Investigation
801 South Seventh Street Suite 100 Springfield, IL 62703
- 19. Michael Fields 77 W. Washington St. Chicago, IL 60602
(Suite 616)
- 20. Gordon Pearson 102 N. McCoy St. Granville IL apt. 2 po. box 744
- 21. F.B.I. Springfield 900 East Linton Avenue Springfield IL 62703
- 22. Telligen (DHS) 711 Torie Blvd. Oak Brook, IL 60523
- 23. Chief Privacy officer (IDHS) 100 W. Randolph St. Suite 6-400 Chicago 60601
- 24. President (White House) 1600 Pennsylvania Ave N.W. Washington D.C. 20500
- 25. Bureau County Courthouse 700 S. Main St. Princeton, IL 61356
- 26. LaSalle Co. 707 East Etha Rd. Ottawa IL 61350
- 27. Jane Velez 5505 N. Fairmount Dr. Peoria IL 61614
- 28. Attorney Kent Dean (DCFS Law) 829 S. Oak Park Ave #209
Oak Park, IL 60304
- 29. Washington State Capitol Building 416 Sid Snyder Ave. SW
Olympia, WA 98504
- 30. Supreme Courthouse one first state N.E. Washington D.C. 20500
- 31. Alton IL City Attorney 101 3rd St. Alton, IL 62002 (Mayor)
- 32. Alton Mayor " "
- 33. Alton Civil Service Community 1211 Henry Alton, IL 62002
- 34. Community Development " "
- 35. Alton Fire Chief 333 E. 20th Alton, IL 62002
- 36. Fire dept " "
- 37. Alton IL Rescue Squad 1700 East Broadway Alton, IL 62002
- 38. Alton General Assistance 100 A E Broadway Alton IL 62002
- 39. Belleville City Hall 101 South Illinois Belleville IL 62223
- 40. Belleville Police Dept. West end facility 8800 W. Main St. Belleville IL
62223

41. Belleville Health and Housing 213 South Illinois St.
42. Belleville Fire Dept. 311 E. B Street Rd. 62221
43. Belleville Fire 1723 N. Belt East 62221
44. Alorton Clerks Office 4821 Bond St. 62201
45. Terry Jones 621 ^{Help at Home} North Oakland Road Carbondale, IL ^{1618 529 0281} 62901

ALTON CITY OF

CITY ATTORNEY 101 3rd ST. ALTON IL 62002 (618) 463 3590
MAYOR " " (618) 463 3500

CIVIL SERVICE COMMUNITY 1211 HENRY ALTON IL 62002 (618) 463 3551
COMMUNITY DEVELOPMENT " " (618) 463 3801

* FIRE CHIEF 333 E. 20th (618) 463 3565

FIRE DEPT. " "

NON EMERGENCY (618) 463 3545

RESCUE SQUAD ~~1700~~ 1700 E. BROADWAY 463 3501

* POLICE DEPT (NON EMERGENCY) (618) 463 3505

CHIEF'S OFFICE (618) 463 3512

INVESTIGATIVE BUREAU 463 3518

GENERAL ASSISTANCE 100-A E. BROADWAY (618) 462 0091

SUPERVISOR 100-A EAST BROADWAY (412) 752.7

BELLEVILLE

CITY HALL 101 S. ILLINOIS 62223 223 6810

POLICE DEPT. WEST END FACILITY 8800 W. MAIN 62223 394 2070

PUBLIC SERVICES COMMUNITY

HEALTH AND HOUSING 213 S. ILLINOIS ST. 233 6817

FIRE DEPT 311 E. B. STREET RD 62221 234 7204

* 1723 N. BELT EAST 62221 234 7108

ALTON CLERKS OFFICE 4821 BOND 62207 874 7087

FIRE DEPT 4821 BOND 874 ~~7087~~ " "

MAYORS OFFICE " "

ARDC 217 546 3523

(800) or (217) 252 8048

Mom 815 876
6090

Youth Service Bureau Ottawa 1 815 433 3953

924 W. Madison St.

Water Treatment Center Alton

Human Society

DCFS Springfield 618 217 711 0830

Capitol Building
217

American Teachers Association

Illinois Paralegal Association

Illinois Teachers Association

CDC

North Central Rev. 1 815 224 1660

Charles St. LaSalle IL
4960

Poison control

Peter Peracutti

Teacher Consumer Report

Elementary School Illinois Report

Humane Society

Teachers Misconduct Illinois / America

Illinois teacher alliance

Teacher complaint IL

LaSalle county teachers

Superintendent - to both FBI

ZS Drug dealing. Dad illegal 21st op.

Director of CTA me + child problems

ADA

NCS

NRA

MSNBC

TBS

CMV

NBA

NBS

Contacts:

1. Alhambra
514 E. Main st. w18 488 3865
2. Alorton
Village Hall 4821 Bond Ave. (Police) ~~620~~ 60207
618 874 7087
3. Bethalto Police 213 N. Prairie 62010
618 3775266
Civil defense
213 N. Prairie

4. Brooklyn 618 274 2198 312 S. 5th St. 620509 ?

5. Cahokia 618 337 9509
Criminal invest. division
103 Main st. 62207

6. Caseyville 618 332 1184 5800 Bond Ave 62207

7. Centreville 618 874 1034
Collinsville 618 346 5201
200 W. Clay st. 62234

8. Cottage Hills 618 692 4433 405 Rande st. Edwardsville IL 62025

9. Dorsey 618 3773111

10. Dupo 618 286 4884
100 2nd St. S
Civil defense
101 S. 5th St. 62239

11. East Alton
Civil def.
8211 N. Shamrock st.
618 259 6212 Police. 62024
Chief Carlson
Major Kramer

12. East Carondelet
950 State st.
618 286 4466

13. East St. Louis
Civil defense
301 River park dr. 62201
618 482 6767

Bethalto ✓
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Cahokia ✓
~~Centreville~~
~~Edwardsville~~
Centerville ✓

1855

2-2 Doc STATION FAX 618 479 3990

MAURY POUTCH 1800 45 MAURY

JERRY SPRINGER 1800 SPRINGER

TOLL FREE LEGAL CONSULTATION 1877 564 2150

Madison County Clerk 1618 692 6200

MADISON COUNTY STATES ATTORNEY 1618 692 6280

CIVIL RIGHTS HOTLINE 1877 581 3092

GOVERNORS OFFICE 1800 642 312

PRESIDENT (WHITE HOUSE) 1202 456 2121
1000 Pennsylvania Ave. N.W. Suite 1411
Washington D.C. 20500 Comment 1111
MSNBC 1212 604 4444

CNN 1404 827 1700

FOX 2 1314 213 7831

Channel 4 1314 621 4444 or 314 444 6332

CHANNEL 5 1314 421 5055

ARDC 1800 826 8625 217 546
3161 W. Oaks Dr. Springfield 3523
IL ADVOCACY COMMISSION 1800 368 1403

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FBI SPRINGFIELD 1817 522 9075

EQUIP FOR EQUALITY 1800 537 6632

EQUIP FOR EQUALITY KRISTEN GASTER
Ext. 5002ILLINOIS POLICE ASSOCIATION 1708
452 8332

ILLINOIS BARR ASSOCIATION 1800 252 8908

OFFICE OF PROFESSIONAL STANDARDS 1312
814 5084

IL DEPT PROF. REGULATION 1817 528 1849

U.S. DEPT JUSTICE 1202 353 1555

U.S. DEPT HEALTH 1877 696 6775

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Chicago, IL 60601 312 814 2717 AMHC
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ILLINOIS STATE POLICE

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102 N. McCas St Granite IL P.O. BoxMichael Fields
17 W. Washington St. Chicago IL 60601
DHS C.S. 2027 Washington IL
DESS. 800 447 4278

Police Review

Teachers Assoc.

Humane Society -

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1815 875 3835 1180 N. Corn St

State of IL

James 1618 974 1400

Dr. Hoviet Director Amett
Tonya, President

YSB Ottawa 424 West Madison

Illinois State Bar Association
124 South Second St. Springfield, IL 62704Madison County Courthouse, Greg. Voter Aff
10 Public Square Belleville IL 62220Dallas D.J.
314 295 1472 1314 393 6695

Damon 1314 32.3 3289

Ash Bt. Phillip McGady 310 S. Grant St
Olney, IL 62450

C. Doc Station Fax # 618-414-3490
Maury Povich 1-800-45-Maury
Jerry Springer 1-800-Springer
Toll Free Legal Consultation 1-877-564-2156
Madison County Clerk 618-692-6200 → States Att. 618-6280
Civil Rights Hotline 1-877-581-3692
Governor Rauner 1-800-642-3112

✓ The President Comments 1-202-456-1111
switch board 1-202-456-1414
OFFICE 1-202-456-2121
the White House
1600 Pennsylvania Ave.
Washington, DC 20500 ~~1-202-456-1111~~
Alton PD 463-3505

MSNBC 1-212-664-4444 Fox 2 News 314-213-7831
CNN 1-404-827-1700 ch. 4 314-621-4444 or
CNN Center ch. 5 314-421-5055 local news 314-444-6333
Atlanta, GA 30348 USA

ARDC (complaints) ^{lawyer} 1-800-826-8625
IL Advocacy Comm. ^{Local} Barbara Gobb 1-800-368-1463 or 462-4561

FBI Springfield 1-217-522-9675 or 1-800-225-5332
Equip for Equality 1-800-537-2632
Kristen Glasper ext 5002

IL Police Association 1-708-452-8332
IL Bar Association 1-800-252-8908
OFFICE of Prof. Standards 1-312-814-5684
IL Dept. of Professional Regulation
US Dept. of Justice Local 217-528-4824
US Dept. of Public Health Wash, DC 1-202-353-1555
1-877-191-1775

Warm Line IL DHS MH
After care emergency hotline

866-359-7953

866 880 4459

complaints process

800 843 6154

IL DHS / DMH

600 E. Ash, Building 500 3rd FL

Springfield, IL 62703

866 794 0374
800 345 9049
CAPES

217 786 0023

Certified Family Partnership
Profession (CFPP) credential

800 272 2632

Illinois certification Board

401 E. ~~Springfield~~
Sangamon Ave.

Springfield, IL 62702

217 282 9852

Alliance

NAMI 800 346 4572

MHA 1312 368 9070

grow 217 352 6989

DBSA 800 826 3632

Bursting Bubbles

217 335 2961

IL DHS DASA Consumer Hotline

866 213 0548

DCFS - 406 E. Monroe St.
Springfield IL 62703
1(217) 785-2509

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Egyptian Regional

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20 N. Michigan Ste 300
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Jake - (618) 334 8812
Logan Dyjak - 901
Southwind
Springfield, IL 62703
Alton MHC - (618) 474 3203
3202

UST Definitions

Parole - The early release from prison. Parole includes conditions and you are expected to follow certain rules.

Probation - Serving time outside of jail with certain conditions and court supervision.

Hung Jury - A jury in which agreement of a verdict cannot be reached by all twelve members.

Defendant - A person who is charged with committing a crime.

Due Process - Your constitutional right to a fair trial.

Reasonable Doubt - Defendant must be proven guilty beyond a reasonable doubt, enough evidence must be presented to convince a judge or jury of verdict of guilty.

Contempt of Court - When a person does not respect the court (e.g. being disruptive) and its' orders.

Perjury - The act of lying when sworn to tell the truth in a court testimony.

Self-Incrimination (or the right to remain silent) - Not having to testify against yourself at your trial.

State's Attorney/Prosecution - The attorney that represents the state in a trial. His job is to try to prove you are guilty.

Defense Attorney - The attorney who defends the person charged with the crime. His job is to try to show there is not sufficient evidence to prove you are guilty. He also gives you advice before, during, and after the trial.

Public Defender - The attorney that represents the defendant if he or she cannot afford to hire a private attorney.

Judge - The person in charge of the court. The judge makes sure that a trial is conducted in an orderly manner and that each side has an opportunity to present information through witnesses and physical evidence.

Witness - A person who testifies (provides information to the court) under oath.

Evidence - Information (testimony given by a witness) or objects (physical evidence) related to the crime.

Sentence - The consequence given to a person who has been found guilty of committing a crime.

Visitor Request Form

Patient Name _____ Date of Request _____

Legal Name of Requested Visitor _____

Your Relationship to the Requested Visitor _____

Brief description of why you would like this visitor _____

Give this completed form to your social worker. Your treatment team will review the request and approve or deny it within 5 working days.

STAFF ONLY

Date request received _____

Date discussed by treatment team _____

Did the team meet with the patient to discuss this visitor? ☐ Yes ☐ No

If yes, brief description of the discussion _____

☐ Approved (patient must fill out an authorization for the release of information)

☐ Denied (describe rationale) _____

If this visitor will result in more than 5 approved visitors, indicate the name of the existing visitor that is being removed (patient must revoke authorization). _____

Eickmeier, Julia				ALTON MENTAL HEALTH CENTER				C2
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 - 8:00am								
8:30am								
	Grooming & Hygiene / Medication /Breakfast							
	Community Meeting							
9:00 - 10:00am								
	Unit Activities / Fresh Air Break							
10:00 - 11:40am								
	On and Off Unit Treatment							
12:00 - 1:00pm								
	Lunch / Socialization / Medication							
1:15 - 2:55pm								
	On and Off Unit Treatment							
3:00 - 3:30pm								
	Socialization/ Fresh Air Break							
3:30 - 4:30pm								
	Fresh Air Break / On Unit Treatment / Medication							
4:30pm								
	Community Meeting							
5:00 - 6:00pm								
	Dinner / Socialization							
6:00 - 7:00pm								
	Long Distance Telephone Time							
7:00 - 8:00pm								
	Coordinated Activities							
8:00 - 10:00pm								
	Snack/Hygiene & Grooming/Medication (Vending on Tuesday, Thursday, Saturday, Sunday)							
GROUPS AND ACTIVITY TIMES LISTED BELOW								
8:45 - 9:45am	Problem Resolution (On Unit)	Problem Resolution (On Unit)	Problem Resolution (On Unit)	Problem Resolution (On Unit)	Problem Resolution (On Unit)	ACTIVITY	ACTIVITY	
10:00 - 10:45am	Conflict Resolution (Rehab141)	Current Events (On Unit)	Anger Management (Rehab 142)	Current Events (On Unit)	Current Events (On Unit)	ACTIVITY	ACTIVITY	
10:55 - 11:40am	Self-Esteem (Rehab141)	Life Management (Rehab141)	Relationship Building (On Unit)	Wellness (Rehab142)	Relationship Building (On Unit)	ACTIVITY	ACTIVITY	
1:15 - 2:00pm	Fitness & Nutrition (Rehab144)	Substance Abuse (Rehab142)	Etiquette Respect & Manners (On Unit)	Etiquette Respect & Manners (On Unit)	Etiquette Respect & Manners (On Unit)	ACTIVITY	ACTIVITY	
2:10 - 2:45pm	Coping Skills (On Unit)	DBT (Rehab139)	Coping Skills (On Unit)	Expressive Therapy (Rehab141)	Coping Skills (On Unit)	ACTIVITY	ACTIVITY	
3:10 - 4:50pm	Emotion Regulation (Rehab139)	Legal Issues (On Unit)	Legal Issues (On Unit)	Legal Issues (On Unit)	Legal Issues (On Unit)	ACTIVITY	ACTIVITY	
7:00 - 8:00pm	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	Church Service/Activity	ACTIVITY	ACTIVITY	
0								
0								
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Cognitive Modification 1: Dialectical Shifts

CORE CONCEPT: Practice dialectical shifts with common thinking styles.

Certain common styles of thinking sometimes benefit from dialectical shifts. For each one, make the concept relevant by identifying when you notice being stuck in a style and how you can shift the thought to be more effective.

Black-and-white thoughts (either/or; dichotomous; or all-or-nothing thinking): Words that signal this type of style are "always," "never," "every," and "all the time," among others. Black-and-white thoughts feed emotional extremes and rarely work well. This approach to thinking leads to rigidity and inflexibility in situations and relationships.

Dialectical shift: If your thoughts seem extreme, think of opposite thoughts or beliefs, and then start to identify middle-ground ways of thinking. You may not believe the opposite thoughts or beliefs, but the intention is to practice flexibility in your thinking.

Describe when you do this and how you can shift:

Regret orientation (woulda, coulda, shoulda thinking; or hindsight bias): It is easy to look back with the information you have now and regret what you did or did not do. As they say, "hindsight is 20/20." Regret orientation keeps us stuck in the past rather than focusing on what we can do effectively right now.

Dialectical shift: Rather than dwelling on past mistakes, focus on what you can do to be effective in the present moment (see Radical Acceptance and Everyday Acceptance).

Describe when you do this and how you can shift:

Mind-reading: Many of us believe we know others' thoughts, and that belief causes us to feel or act in a certain manner. Most of us are not very good mind-readers in reality, so our feelings and actions are not based on very accurate information.

Dialectical shift: When you catch yourself mind-reading, check out your assumptions with other people, especially the person whose mind you are trying to read. Remember to use your DEAR MAN skills.

Describe when you do this and how you can shift:

Minimization: Minimization happens when we take something large or significant and reduce it to something that is very small. We do this to reduce the emotional impact of a

situation, but the result is that we end up invalidating our emotions. We also do this when we do not want to face difficult realities.

Dialectical shift: Observe and Describe the situation accurately without adding or subtracting. Remember to validate your feelings.

Describe when you do this and how you can shift:

Magnification: Magnification is the opposite of minimization. It happens when we take something that is small or insignificant and exaggerate it to something that is very large. It is like looking at a kitten through a magnifying glass and seeing a tiger. The result of magnification is amplifying our feelings.

Dialectical shift: Like with minimization, Observe and Describe the situation accurately without adding or subtracting.

Describe when you do this and how you can shift:

Catastrophizing: Catastrophizing is an extreme form of magnification. It involves taking a situation and continuing to build it and build it and build it in our minds into a calamity with dire consequences.

Dialectical shift: Focus on the *one* situation or problem at hand without exaggerating it. Remember that most situations do not end up with extreme and dire consequences. Take one thing at a time. Alternatively, purposefully catastrophize to the point of absurdity to help yourself see that your fears are not realistic.

Describe when you do this and how you can shift:

Fortune-telling (crystal-ball-gazing): Fortune-telling is the attempt to predict the future, usually in negative ways. It assumes that we already know what is going to happen, and it often causes emotions of anxiety and dread. In reality, most of us are not very accurate at predicting the future.

Dialectical shift: Rather than let a negative prediction of the future paralyze you, focus on what you can do effectively right now to cope with your situation or problem. Stay in the present moment.

Describe when you do this and how you can shift:

Overgeneralization: Overgeneralization involves taking a small bit of information and applying it broadly across all kinds of people and situations.

Dialectical shift: Do not assume that your knowledge fits all people and all situations. Acknowledge when your information does fit, and actively look for times when it does not. Be open to not knowing all of the facts.

Describe when you do this and how you can shift:

Selective information-gathering (selective abstraction; mental filter; or confirmation bias): Sometimes we only gather information that fits with our current thought or belief. This approach tends to validate our thought or belief, but it can lead to ineffective choices due to a poverty of information and viewpoints.

Dialectical shift: Actively gather information and viewpoints that are different from your own. Remember that you do not need to agree with these different perspectives but that they may lead you to greater flexibility and more effective choices.

Describe when you do this and how you can shift:

Labeling (judging): Labeling is an approach that takes a person or situation and reduces it to only a name. Labels fail to look at people and situations in a holistic manner and miss important subtleties or nuances.

Dialectical shift: Gently let go of the need to label a person or situation. Instead, Observe and Describe nonjudgmentally. Understand that the world is more complex than labels and judging.

Describe when you do this and how you can shift:

Personalization: Personalization makes it all about you. Even when situations feel personal, they often are not. We feel the weight of the world when we take so many situations and others' issues and problems personally.

Dialectical shift: Use Teflon Mind. Remember that most of the time it is not about you. Take responsibility for what is yours (if it fits Wise Mind) and gently let go of the rest.

Describe when you do this and how you can shift:

Emotion Mind "reasoning": Emotion Mind reasoning means having your thoughts and beliefs come from an Emotion Mind place without factoring in Reason Mind or Wise Mind.

Dialectical shift: Use What and How skills to access Wise Mind. Alternatively, use distress tolerance skills to soothe your emotions before shifting thoughts and beliefs.

Describe when you do this and how you can shift:

Should statements: These statements get us stuck because they focus on judgments rather than the realities of a particular situation or interaction. Reality unfolds in ways that do not fit our preferences (i.e., what "should" happen).

Dialectical shift: Focus on "what is," not what "should be." Stop "shoulding" on yourself and others.

Describe when you do this and how you can shift:

Discounting positives: Often we focus on the negatives or the downside of situations and are blind to positives. Sometimes we minimize or negate positives about ourselves, others, situations, or the world. Discounting positives is undialectical.

Dialectical shift: Seek out positives, upsides, and silver linings for balance. Own the positives about yourself and give yourself credit. Find the positives in people and situations that seem negative.

Describe when you do this and how you can shift:

Blaming: Blaming makes everyone but us responsible for our problems and difficulties. When we blame, we give up our power and control and are utterly dependent on others to fix a situation (or our lives).

Dialectical shift: Someone or something else may be responsible for a problem, but your power and control come from focusing on how you can influence situations and your life, if only through choosing how you respond.

Describe when you do this and how you can shift:
